



Dighton Council on Aging

Prime Time

Adult Supportive Day Program

979R Somerset Avenue

Dighton, MA 02715

Prime Time

♫ Homelike atmosphere



Prime Time Clients

- ⌚ **Must be 60 years or older**
 - ⌚ **Continent of bowel and bladder**
 - ⌚ **Able to administer their own medications**
 - ⌚ **Not physically or verbally abusive**
 - ⌚ **Not prone to wandering**
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- ⌚ **Prime Time clients meet new friends, gain a positive attitude, try new experiences and build hopes for today and the future.**

Nutritional Program

- ∞ **Full, Hot Breakfast is served daily**
(Pancakes, French Toast, Muffins, Eggs)
- ∞ **Hot, nutritious Lunch is served daily**
(includes 90% daily nutritional intake)
- ∞ **Late afternoon snack**
(fresh popcorn, cookies, crackers & dip)



Dining at Prime Time

- 🌀 **Breakfast and lunch is served at beautiful place settings using Corelle dishes, silverware and glasses. During lunch, soothing dinner music is played.**
- 🌀 **At times our guests enjoy some Special dining experiences**

Victorian Tea Time





Daily Activities Program

- ∩ **Fitness Program**
- ∩ **Spiritual Exercises**
- ∩ **Bingo/Cards/Games**
- ∩ **Sports Program**
- ∩ **Arts & Crafts Projects**

Daily Activities

Exercise class



Bingo





Weekly Activities

- ∞ Hairdresser for the ladies**
- ∞ Bowling League**
- ∞ Horse Racing Trivia**
- ∞ Giant Crossword Puzzle**
- ∞ Reminiscing**
- ∞ Discussion Groups/Current Events**

Hairdresser/Crossword Puzzle





Monthly activities

- ∩ **Blood Pressure Screening**
- ∩ **Spirituality Session**
- ∩ **Podiatry Service**
- ∩ **Barber is available for the men**
- ∩ **Monthly Birthday Party**
- ∩ **Monthly Excursions**

Barber & Birthday Parties





Staff

- ⌚ **Our staff is CPR Certified**
- ⌚ **Fully inoculated against Hepatitis and Tuberculosis**
- ⌚ **Certified in Proper Food Handling**
- ⌚ **Our staff members are devoted, caring and creative. They benefit from receiving as much love as they give.**

Devoted Staff Members



Volunteers (Unpaid Workers)

- ⌚ All volunteers pass the State C.O.R.I. Check**
- ⌚ Volunteers that handle food are fully inoculated against Hepatitis and Tuberculosis**
- ⌚ Our volunteers play a vital role in the success of our day program. Without their dedicated service we would not enjoy the success that we have.**

Prime Time Volunteers



Prime Time Goals

- ∩ **To foster independence**
- ∩ **To promote social activity**
- ∩ **To provide a home-like atmosphere**
- ∩ **To maintain mobility**
- ∩ **To prevent depression**
- ∩ **To maintain maximum health**
- ∩ **To provide respite for families**



Prime Time Accomplishments:

- **Winner of the 1998 R.O.S.E. Award for our Intergenerational Friendship Garden**
- **Winner of the 2002 R.O.S.E. Award for our innovative Hairdressing Salon**

R.O.S.E. Awards

❧ **1998 R.O.S.E. Award**

❧ **Friendship Garden**



❧ **2002 R.O.S.E. Award**

❧ **Innovative Hair Salon**



R.O.S.E. Award (Resources Organized to Serve Elders)





At Prime Time:

**We strive to keep our elders out of
nursing homes and in their own
homes for as long as possible**

Prime Time

**A home away from home
where your loved ones
quickly become our loved ones.**



Serving our community with pride





Presented by:

**Alice E. Souza, Executive Director
Dighton Council on Aging**